

PATENT ABSTRACTS OF JAPAN

(11)Publication number : 09-266767

(43)Date of publication of application : 14.10.1997

(51)Int.Cl.

A23L 1/30
A23L 2/52
A23L 2/38
// A61K 35/78

(21)Application number : 08-077700

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(22)Date of filing : 29.03.1996

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(54) FOOD AND DRINK CONTAINING EXTRACT OF CRATAEGUS CUNEATA AND USED FOR IMPROVING ENDURANCE

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain a food or drink containing the extract of *Crataegus cuneata* in a prescribed amount, capable of being easily taken, excellent in refreshing mouth touch, flavor and endurance-improving effect, and capable of being suitably used for physical exercises, etc.

SOLUTION: This food or drink is obtained by extracting the *Crataegus cuneata* with water or ethanol, purifying the extract to give a low polar fraction, and subsequently adding the obtained *Crataegus cuneata* extract to a food or drink in an amount of 1-10%. The *Crataegus cuneata* extract contains one or more of chlorogenic acid, tannin compounds such as epicatechin, and flavone glycosides such as rutin, isoquercitrin and hyperin. The *Crataegus cuneata* extract is further preferably compounded with the extract of hydrangea tea, *Zizyphi fructus* or *Glycyrrhizac radix*.

LEGAL STATUS

[Date of request for examination]

[Date of sending the examiner's decision of rejection]

[Kind of final disposal of application other than the examiner's decision of rejection or application converted registration]

[Date of final disposal for application]

[Patent number]

[Date of registration]

[Number of appeal against examiner's decision of rejection]

[Date of requesting appeal against examiner's decision of rejection]

[Date of extinction of right]